Square Foot GARDEN PRINTABLE *Planner*

WRITTEN BY: MINDY

THE OFF GRID BAREFOOT GIRL

Introduction

Welcome to your new square foot garden printable planner. With this planner, you will be able to build and grow the garden of your dreams and I have made it my goal to make it as simple as possible for you so that you can grow an abundance of food in just a few square feet!

This planner has guides, useful information, tools, square foot garden grids, planner sheets, seed starting journal pages, monthly garden journal pages, companion planting, printable plant markers, printable seed packets, garden watering requirements chart, and plantable seed template mats that allow you to plant your seed template mats right into a square of your square foot garden and grow vegetables perfectly spaced out in your square foot garden. This planner even has the perfect soil recipe for a 4x4 6 inch box.

This planner will guide you along the whole process to helping you build your very own successful square foot garden from the beginning to the end along with all the fun tools and work required along the way! You will be inspired and proud of yourself for what you can accomplish and produce, even if you only have a small square foot garden, you will be harvesting a ton of your very own home-grown foods and have that feeling of accomplishment and self-satisfaction.

The best thing about square foot gardening is that once you harvest a square, you get to plant something else in its stead right away.

You will be able to find more inspiring projects for self-sufficiency on my blog and I invite you to visit me there and follow my blog to be notified of future posts. I have a self-sufficiency academy where you can learn to become self-sufficient because becoming self-sufficient is the best gift you can give yourself.

Blessings,

The Off Grid Barefoot Girl

theoffgridbarefootgirl.com

The Off Grid Barefoot Girl

Chapter One

Why Grow A Square Foot Garden

Since more people have been living on smaller lands than in the past centuries, gardening in rows is no longer an option in most cases. With smaller yard plots, people have created effective ways to grow gardens in their backyards by using the traditional square foot garden method. This method of gardening is beneficial in so many ways. It eliminates the back-breaking plowing for one thing! It also maximizes the potential to grow more food in less space, using up every inch of the square foot garden plot.

Another benefit of square foot gardening is the ease of working in it. You have easy access all around the plot, making planting, maintaining and harvesting much easier. It also makes crop rotation much easier as well. After harvesting a square, you can plant again or plant something else in its space. Each square is used to its potential and you never have wasted garden space.

Growing a square foot garden makes your garden look neat and well organized. When your garden beds are only 4x4 sizes with 2 feet in between your beds (or enough space for your wheelbarrow and lawnmower to fit through), it sure helps make gardening so much easier.

Square foot gardening provides you with many options to gardening as opposed to traditional gardening. For instance, you can build a square foot garden anywhere there is ample sunlight, including on concrete or paved driveways! You can maintain better pest and weed control as well.

Once you establish your square foot garden, you will find that you actually work less and enjoy gardening more. You do not have to plow or till your garden plots since it is a raised bed. All you have to do is keep adding nutrient-rich compost every season to maintain a healthy garden bed.

If you are a renter and are not allowed to till the ground, then building a raised square foot garden is the best option to grow food without having to till up the yard. Even if you have a small yard, you can still have a few 4x4 square foot garden boxes that produce high yields of food and with this planner, you will be able to find that you can succeed at gardening and producing a ton of food for yourself and your family and even may find that you have plenty extra to share with your friends who will be amazed and wonder how you are growing a ton of free food in your small space.

Now, let's get right into square foot garden layouts that will help you plan the perfect size that fits your space, needs, and desires so that you can discover that you can have a garden of your very own.

Chapter Two

Square Foot Garden Layouts

Having a layout of your square foot garden can help you determine what to plant in each square of the garden plot, ensuring every inch of your garden is being used to its potential.

This planner has blank square grid layouts for you to sketch or write the crops that you want to grow in your garden. Use them as a map of your garden. Mapping out your garden helps you stay organized and you have a plan for each plant and for each square foot of the garden bed.

This planner provides a variety of layouts of different sizes of plots. You can use more than one if your goal is to make different-sized plots in your yard.

This planner provides many blank grid layout pages for you to plan for many seasons. For instance, you may want to just plan small and begin building your square foot garden with the 4x4 layout. After you think you have the hang of things, you may find that you want to use the bigger grid layout pages to plan for a bigger garden and really master your skills.

While planning for a larger layout may sound fun and hopeful for a large harvest, keep in mind that having a larger layout may be difficult to reach the middle squares for the care and harvesting of your crops.

However, you can plan for a 100-square-foot garden or even a larger one, just plan your layout in smaller beds. This is the wonderful thing about square-foot gardening, you can plan as many layouts as you need while maintaining an easy layout of your garden beds to maintain them easier.

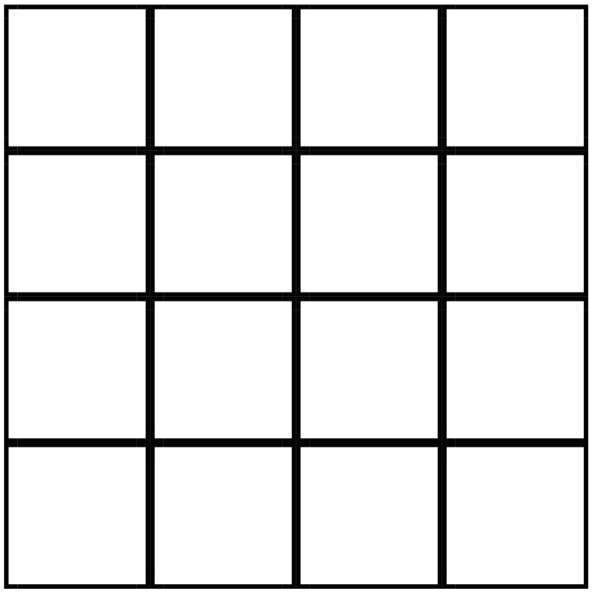
For example, if you want a 100-square-foot garden, you can plan your layouts with multiple smaller beds that equal 100 square feet of garden space. You can do this by building 2 4x10 beds and 1 4x5 bed that equals 100 square feet to plant your crops in. You can then space these three beds in your yard however way you need so long as you can maneuver your wheelbarrow and lawnmower in between them. It just requires a little math in your planning process, but nothing too dramatic, I promise!! I've already done the hard work for you. Check out the grid layouts!!

You can always add more beds in the future if you need or want to. These are just examples to get you planning to design your square foot garden that meets your growing needs.

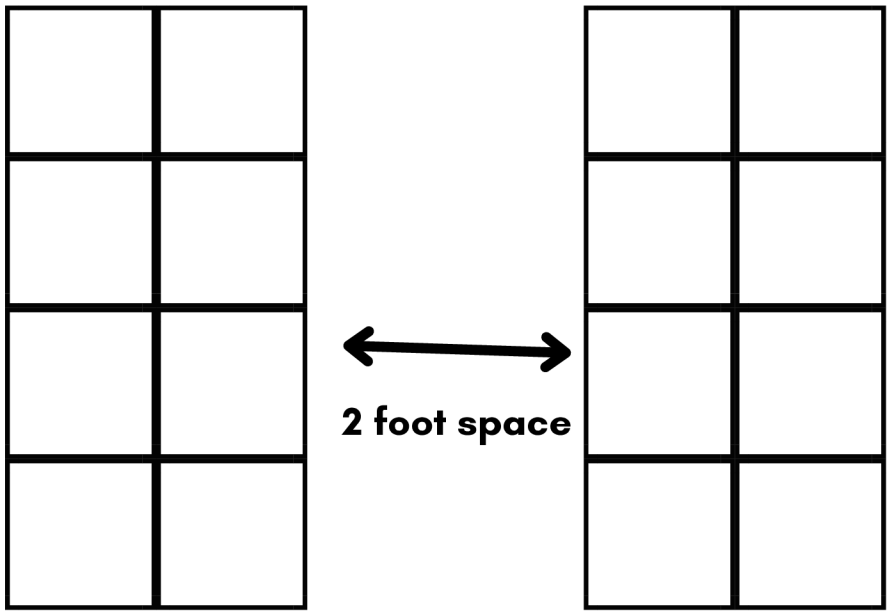
Grab some fun colored pencils and have some fun planning your new square foot garden on the grid layout pages provided in this planner and begin by mapping out your crops per square foot.

16 Square Foot Garden Plans

The Traditional 4x4 Square Foot Garden



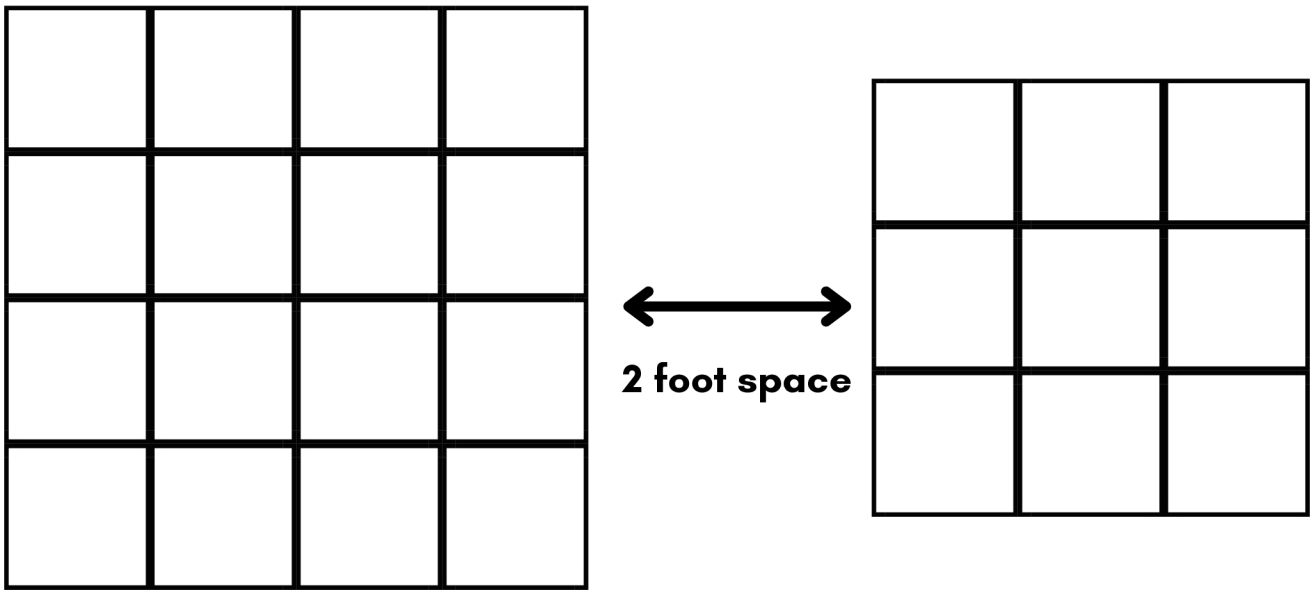
2 foot space

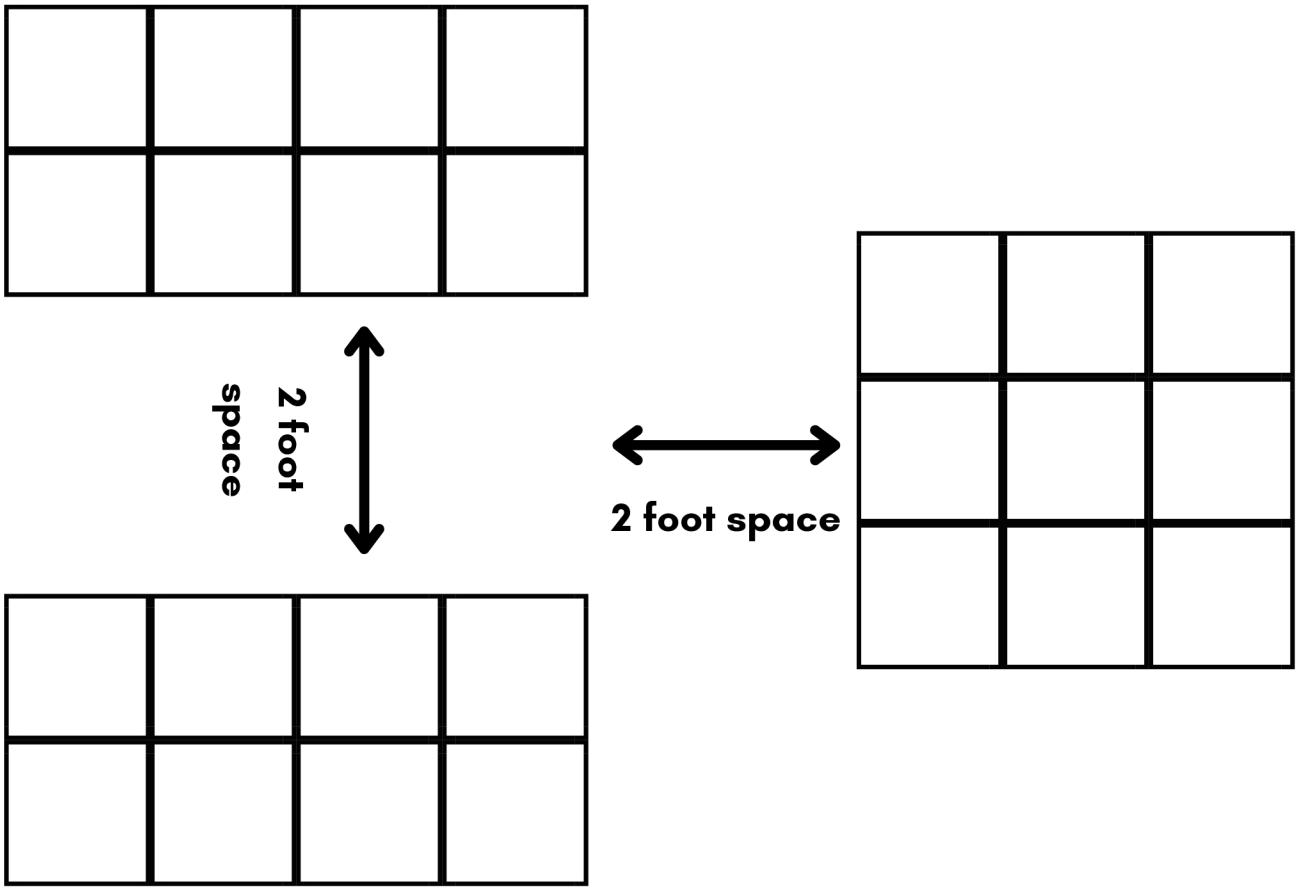


2 foot space

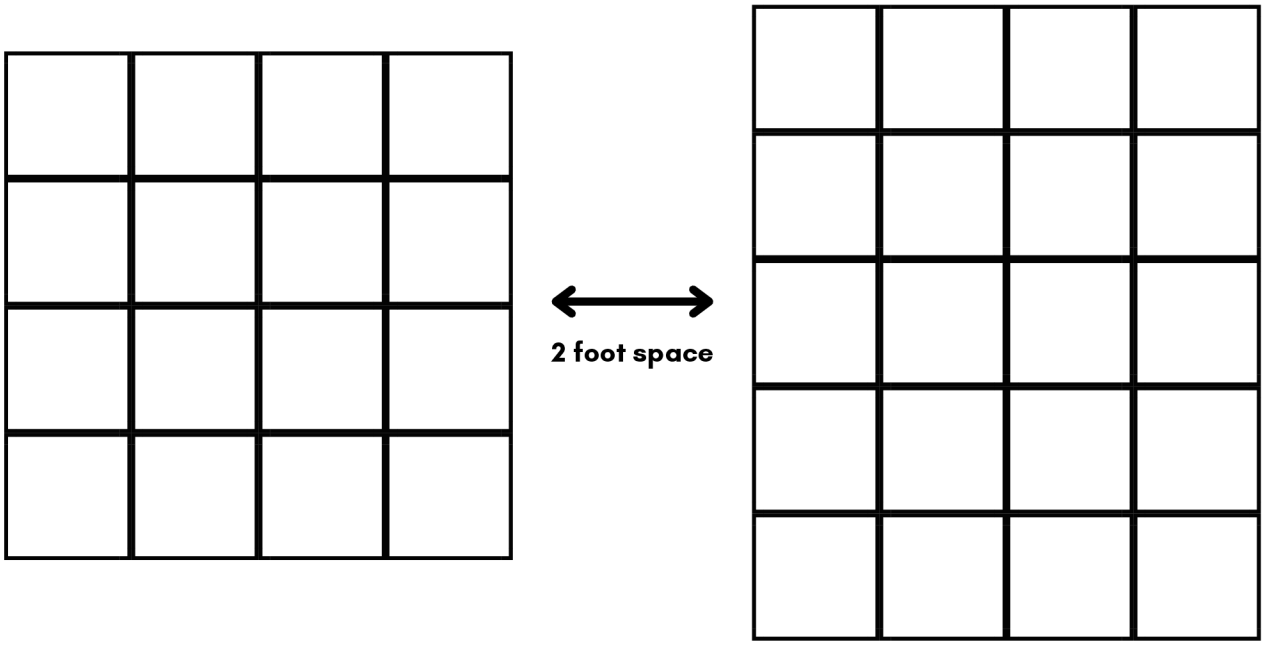
Build all three of these plans and have a 32 squre foot garden!!

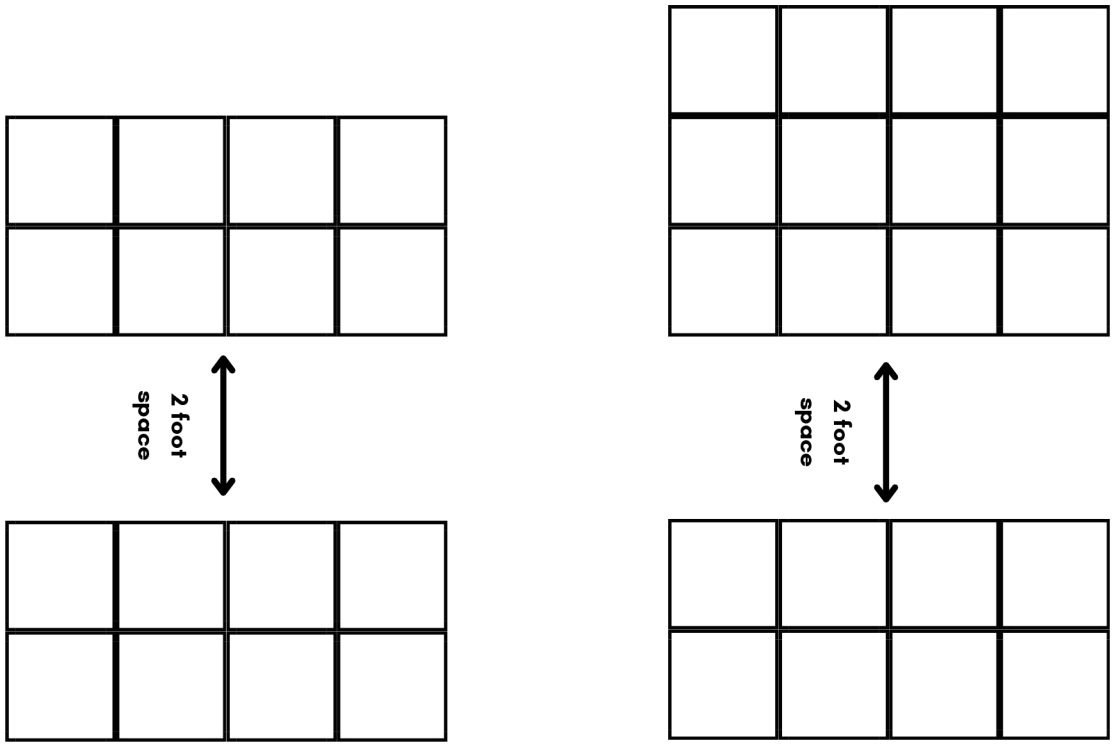
25 Square Foot Garden Plans





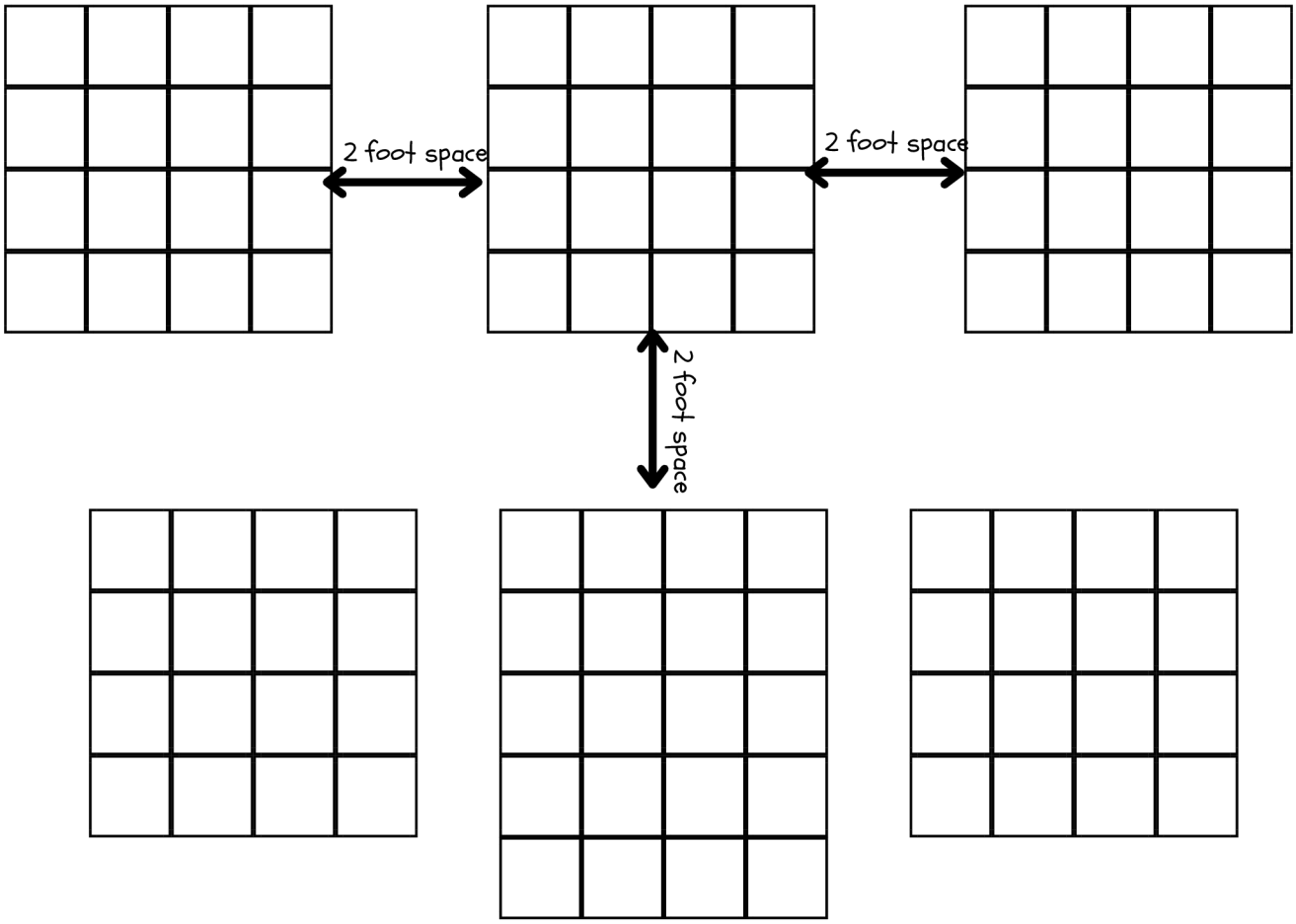
36 Square Foot Garden Plans



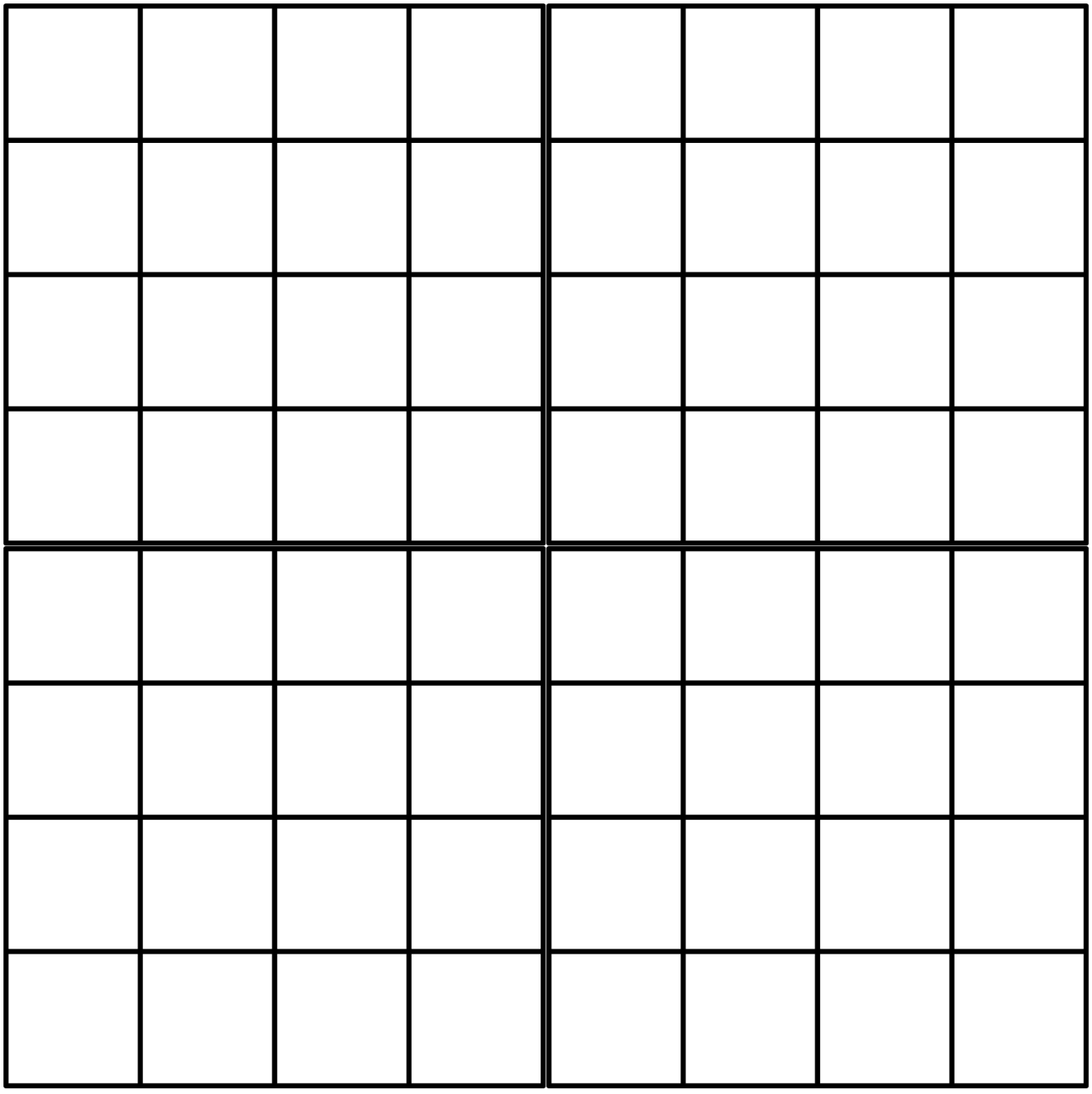


The more you break up the sections of the garden, the easier the garden is to maintain.

100 Square Foot Garden Plan



Sketch Your Own
Square Foot Garden



Chapter Three

Boxes and Grids

The traditional square foot garden is typically 4 x 4 equaling a 16 square foot garden that is approximately 6 inches deep. It can produce high yields of crops in small spaces, maximizing every inch of the garden bed. It allows the soil to be worked easily and makes harvesting a breeze with easy access to all sides of the garden.

If you are going to be growing food in your square foot garden, it is best to not use treated wood that leaks chemicals into the soil. Pinewood is not a long-lasting wood when left untreated. Make sure to use wood that is durable when left untreated, and would last many seasons. Boxes from Amazon have good durability and most people on the reviews have never had any problems with any of them and most have high reviews. However, you can build them much cheaper yourself from wood from your local lumber store. They are pretty easy to build and you can even have the lumber workers cut the wood to size for you if you do not have the right tools yourself.

You can even build your square foot bed with concrete or bricks. You will be sure to have years of not worrying about your raised beds becoming eroded and needs to be replaced since concrete and brick are extremely durable.

When your raised beds are made from wood, you are able to tack some nails spaced out to create your square foot garden grid easily. You will measure the nails to be one foot apart on all sides of the garden bed. You then can use twine or yarn to begin wrapping around the nails on opposite sides of each side and then along the other sides as well. You can watch YouTube videos to get a better understanding; however, it is pretty simple and you end up with a neat grid for your square foot garden.

If you are using brick or concrete, you will not be able to tack in nails, but do not worry because I have a simple easy trick that I use. I even made a blog post about it so be sure to check it out on my blog for further detailed instructions.

It requires tent stakes rather than nails. That's it!! That is my secret to building a square foot garden grid if you are unable to use nails. You simply stake the tent stakes into the edges of the garden one foot apart and wrap the twine or yarn around those instead. It is pretty simple and can be easily removed at the end of the growing season and used for many years.

Chapter Four

Soil Recipe For A 4x4 6 Inch Box

Get the dirt on soil right here. Just as Italian grandmas have their top-secret recipes, many successful gardeners have theirs as well. However, you are lucky or special because I am going to share my secret soil recipe with you. Since we are mostly talking about the traditional 4x4 square foot garden beds, which my aim is to get you started with, this recipe calls for the approximate amount of nutrient-rich, aerated garden soil for your square foot garden. Plants thrive on light and fluffy soil that provides good aeration to the roots and lots of nutrients for them to take in. Therefore, making your own soil is essential to growing healthier plants.

In this way, you know exactly what your garden soil is made up of and who made it, you did!! Don't buy those mysterious bags that say compost or topsoil. It could be just leftover composted plain wood chips with no real nutrients.

Pssst!! I even toss in some rabbit manure into the mix since I have rabbits!! The magic about rabbit manure is that it can be used right away in the garden as perfect fertilizer since it will not burn the plants and does not need to be composted first to be used. So go ahead and toss in that rabbit manure if you have it after cleaning out your bunny cages.

Soil Recipe For A 4x4 6 Inch Box

- 4 bags Black Gold Peat Moss, 2.2 cf x 4 = 8.8 cf
- 3 bags Teufel's Organic Compost, 3 cf x 3 = 9 cf
- 4 bags Worm Castings, 1 cf x 4 = 4 cf
- 3 bags Organic Chicken Manure, 1 cf x 3 = 3 cf
- 1-2 lbs Kelp Meal
- 2-4 lbs All-Purpose Fertilizer

Chapter Five

Water Irrigation Systems

Watering square foot gardens have become so easy and convenient that it is basically impossible to fail with a square foot garden.

Let's talk about some really nice and simple water irrigation systems designed for square foot gardens. You can even hand rig your own system with PVC pipes by drilling holes in them. However, you can even buy them on Amazone made especially for square foot gardens.

This water grid system drips water directly to the roots in each square of your garden. It easily hooks up to your hose and water is distributed to your plants without spraying the plants directly, which can spread diseases easily throughout your whole plot that way!! This method ensures that water goes directly to the roots of each and every plant in all the squares in the garden. Best invention ever!!

If you love whimsical things, here is a fun idea that is both decorative and functional for your square foot garden. Adding water globe plant stakes is a great way to add flair and function to a square foot garden. Place one per square in a few squares; however, you do not need one for each square. Space them out in the squares, next to the plants that require water the most. They come in lots of different colors and shapes. They are just so beautiful when the sun reflects off of them from the garden!!

Chapter Six

Weed and Pest Control

Weed control in a square foot garden is easy to combat. If by unlucky chance a weed does pop up in your square foot garden, you have easy access to get rid of it. The soil in your square foot garden is usually soft and aerated soil that is easy to work in and not the compacted dirt that weeds love.

Throwing down a thick weed barrier is the common and most effective way to control weeds in your square foot garden. You can use black sheeting or cardboard or thick mulch. As long as the soil is not bare, weeds will typically not find their way through the barrier.

Using burlap in your garden is another approachable weed-combating method that is natural and biodegradable and my absolute favorite way to keep weeds away from my plants. You do not need to remove it at the end of the season since it is biodegradable.

As previously mentioned, square foot gardens do not typically get a ton of weeds that cause you hours of back-breaking work to pull. If you have yours growing over a paved area, even better!!

Pest control is easy to handle as well in raised beds. You can often place netting or covers over the frames of the raised beds that help keep out pests and animals. To keep out cats, my trick is to place a foam sponge tied to a branch and cover it with fabric and tie it to make it look like a sucker. You can drench it with vinegar as needed all season long to help keep rodents and cats out and any other thing that hates vinegar.

Chapter Seven

Planting Guides and Tools

There are many tools to help make square foot gardening new and improved for gardeners. You can use and add seed mats, trellises, hoops, and greenhouses for the raised beds of square foot gardens.

Adding a beautiful garden trellis to your square foot garden is beneficial to the plants that need extra support. They can be elaborate or as simple as you want them to be. The important thing is that your plants are properly supported. One tomato cage fits perfectly into one square space. A garden trellis can help you grow your garden vertically or in an arch, extending your garden's growing potential. Imagine growing a squash or melon arch extending from one plot to another and walking underneath it!!

As mentioned above, another great thing about having a square foot garden is the ability to buy or build a greenhouse over it. You can buy them the same size as your square foot garden. For instance, if your square foot garden is a 4 x 4 plot, then you can buy a 4 x 4 greenhouse to attach to your square foot garden box frame. This gives you the ability to give your garden a head start on the growing season, and perhaps get your seedlings off of your kitchen table!!

Another tool you can factor into your square foot garden is in-ground vermiculture or worm farming. I have a blog post @theoffgridbarefootgirl.com about how adding a worm tunnel into your garden can help your garden thrive and build healthy soil naturally. By using a five-gallon bucket, cut out the bottom, drill some holes on all sides, fill it with kitchen scraps and yard waste, and cover it up so it keeps nice and dark and the worms will come and work their magic. The best part is, one bucket only takes up one square foot of space!!

Crops Per Square Foot

Plant 1 of these crops per square feet

Tomato

Pepper

Sweet Potato

Eggplant

Squash

Cauliflower

Melon

Brussel

Pumpkin

Rosemary

Bok Choy

Sage

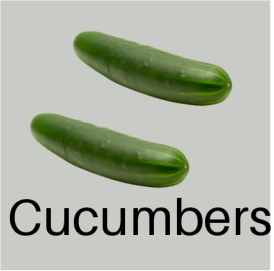
Oregano

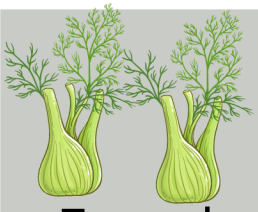
Chives

Cabbage

Okra

Plant 2 of these crops per square feet


Cucumbers


Fennel

Potatoes

Celery

Kale

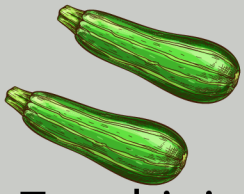
Basil

Parsley

Thyme

Calendula

Broccoli

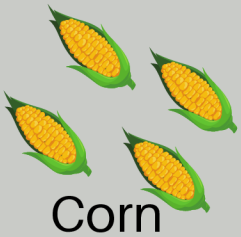

Zucchini

Radicchio

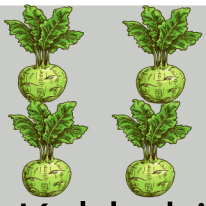
Plant 4 of these crops per square feet

Lettuce

Garlic

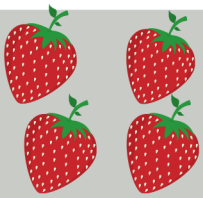


Corn

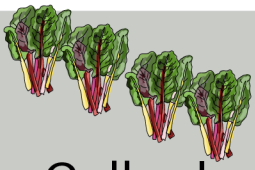


Kohlrabi

Marigolds



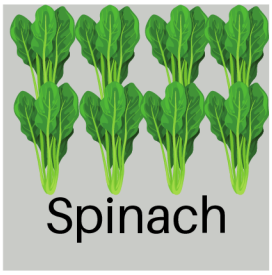
Strawberry

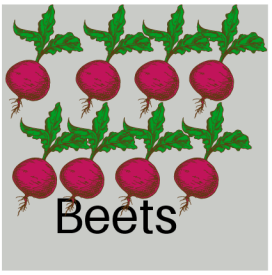


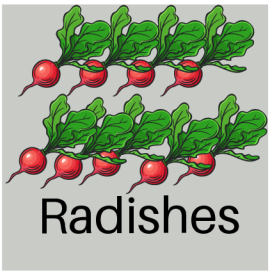
Collard Greens

Romaine Lettuce

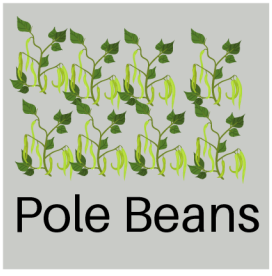
Plant 8 of these crops per square feet

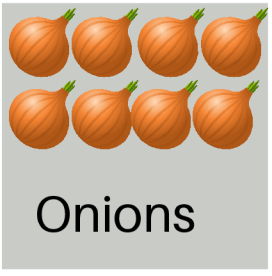

Spinach


Beets

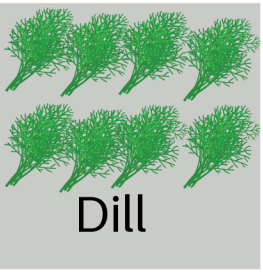

Radishes

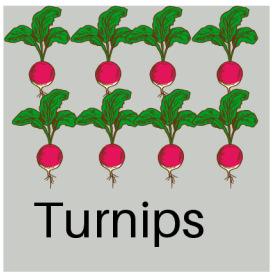
Bush Beans


Pole Beans

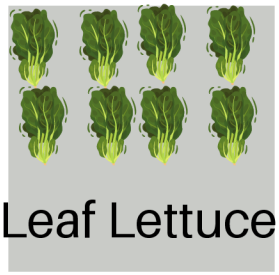

Onions

Parsnips

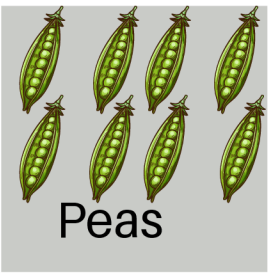

Dill

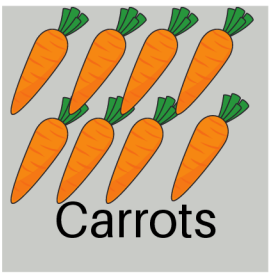

Turnips

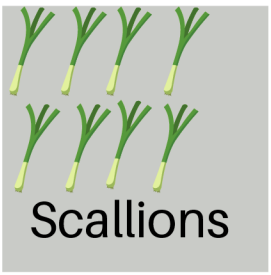
Leeks


Leaf Lettuce

Cilantro


Peas


Carrots


Scallions

Shallots

Chapter Eight
Seed Starter Log Pages

Print out as many of these pages as you need to help you keep track of your seeds that you have planted and when you planted them. There is nothing more frustrating than forgetting the date you planted your seeds because you think you will remember.

Was it three weeks ago or two??

When it comes to germination dates, it is important to know when you planted them to know when to expect the seeds to germinate so you know if they are healthy or need extra help germinating.

With this seed starter log page, you can keep track of when you started your seeds, when they germinated, and when you transplanted them.

Whenever you transplant seedlings, sometimes they go into a shock stage. After a couple of weeks, they have gained root and have adjusted to their new surroundings and you can keep track of how long this process has taken shape to know what to expect next time.

You can add these types of information to the notes section of the log for each plant.

It is important to record your data and to keep your information organized. Keep these pages in a binder along with the other pages of this planner to help you build and care for your square foot garden.

When you keep a log of your progress, you will find that your gardening skills improve with time by looking back to when you first started to where you have become as a successful gardener.

Seed Starter Log

Fill in the details to track your herb, fruit and vegetable harvests.

Crop Name & Details:

	J	F	M	A	M	J	J	A	S	O	N	D
SOW												
PLANT												
HARVEST												

Crop Name & Details:

	J	F	M	A	M	J	J	A	S	O	N	D
SOW												
PLANT												
HARVEST												

Crop Name & Details:

	J	F	M	A	M	J	J	A	S	O	N	D
SOW												
PLANT												
HARVEST												

Seed Starter Log

Fill in the details to track your herb, fruit and vegetable harvests.

Crop Name & Details:

	J	F	M	A	M	J	J	A	S	O	N	D
SOW												
PLANT												
HARVEST												

Crop Name & Details:

	J	F	M	A	M	J	J	A	S	O	N	D
SOW												
PLANT												
HARVEST												

Crop Name & Details:

	J	F	M	A	M	J	J	A	S	O	N	D
SOW												
PLANT												
HARVEST												

Seed Starter Log

Fill in the details to track your herb, fruit and vegetable harvests.

Crop Name & Details:

	J	F	M	A	M	J	J	A	S	O	N	D
SOW												
PLANT												
HARVEST												

Crop Name & Details:

	J	F	M	A	M	J	J	A	S	O	N	D
SOW												
PLANT												
HARVEST												

Crop Name & Details:

	J	F	M	A	M	J	J	A	S	O	N	D
SOW												
PLANT												
HARVEST												

Chapter Nine
Plant Profiles

Print out as many of these pages as you need to help you keep observation in your garden and learn about your plants. Write down what pests they typically attract and how you deal with them next time.

This page works wonderfully alongside the seed starting log page to better help you stay organized as a gardener.

As a gardener, it is a good idea to make and obtain your gardening goals for success. When journaling about your gardening experience, you grow as an experienced gardener and feel more accomplished and you are better able to see your progress along the way throughout the seasons.

Each season, you become more knowledgeable and have learned from your experiences and you can see your progress throughout your journaling pages.

Start now by printing your seed logs and plant profile pages and place them in a binder to begin the gardening experience and grow your knowledge as you grow your garden!!

Take notes for next year's garden to help you remind your future self of what you have learned for that particular plant's growing experience to be more successful year after year.

I like to use this page for my big monthly goals that I want to accomplish throughout the growing season. I use the beginning of colder months for garden goals like seed starting, soil preparation, fertilizer ideas, soil amendment goals, etc.

When it is closer to planting time, I use a month to transplant the plants and prepare them for unexpected late frost date emergencies by planning small greenhouse ideas, blankets, hoop houses, etc.

As my garden grows and the weather gets warmer, I use the month of June to plan my plant stakes, cages, trellises, garden adornments, etc.

So you see, using these plant profile pages can help you stay on track to a successful growing season by planning out big goals in smaller steps that you can do on a month-to-month basis. Print as many pages as you need.

Plant Profile.

Provide the best care for your indoor plants by keeping details of care needs and tracking plant growth.

Plant Information

Name:

Species:

Owned Since:

Sourced From:

Common Issues:

Plant Care

Light Requirements:

Water Requirements:

Humidity Requirements:

Soil Requirements:

Fertiliser Requirements:

Fertiliser Frequency:

Date	Growth Notes

Chapter Ten
Plantable Seed Starter Template Mats

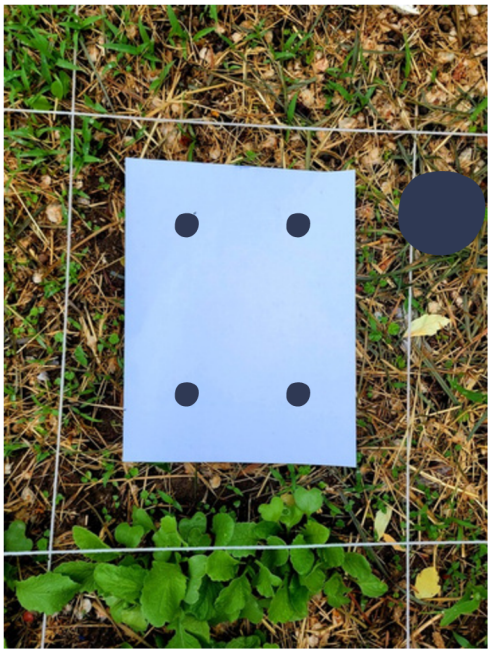
Print out as many of these seed starter template mats as you may need for your square foot garden. Each template page can be directly planted right into one square of your square foot garden after you have placed your seeds on spaced out dots that are spaced out in real time inches. Each dot is perfectly spaced out per the vegetable chart for how many of that particular vegetable plant can be planted in one square space. Use the vegetable chart for guidance on the type of seeds required per one square foot space. I used as less ink as possible for the dots without instructions on the plantable pages to avoid adding too much ink into your soil. Paper is biodegradable so you can plant the whole page.

Lay the page onto the soil in one square foot approximately in the middle leaving a few inches from the edges (the paper is 11x8 and your square foot space is 12x12 so it works out perfectly). Place two to three seeds per dot space. Cover the whole page with soil and gently water. Your seeds will be perfectly spaced out and as necessary you can remove any of the two to three plants per dot that are not doing so well and keep the healthiest and strongest one planted there.

To prepare your square foot garden ahead of time, you can lightly paste your seeds onto each of the dots with a mixture of water and flour and allow them to dry and keep them in a protective sheet used for three-ring binders and place them in your planner binder until planting time. This is my absolute favorite way to plan my square foot garden each season. The seeds will pop right up from the flour paste with a nice hello to you and the sunshine.

Plantable Seed Spacing Template

Placed Out In One Square Foot Space

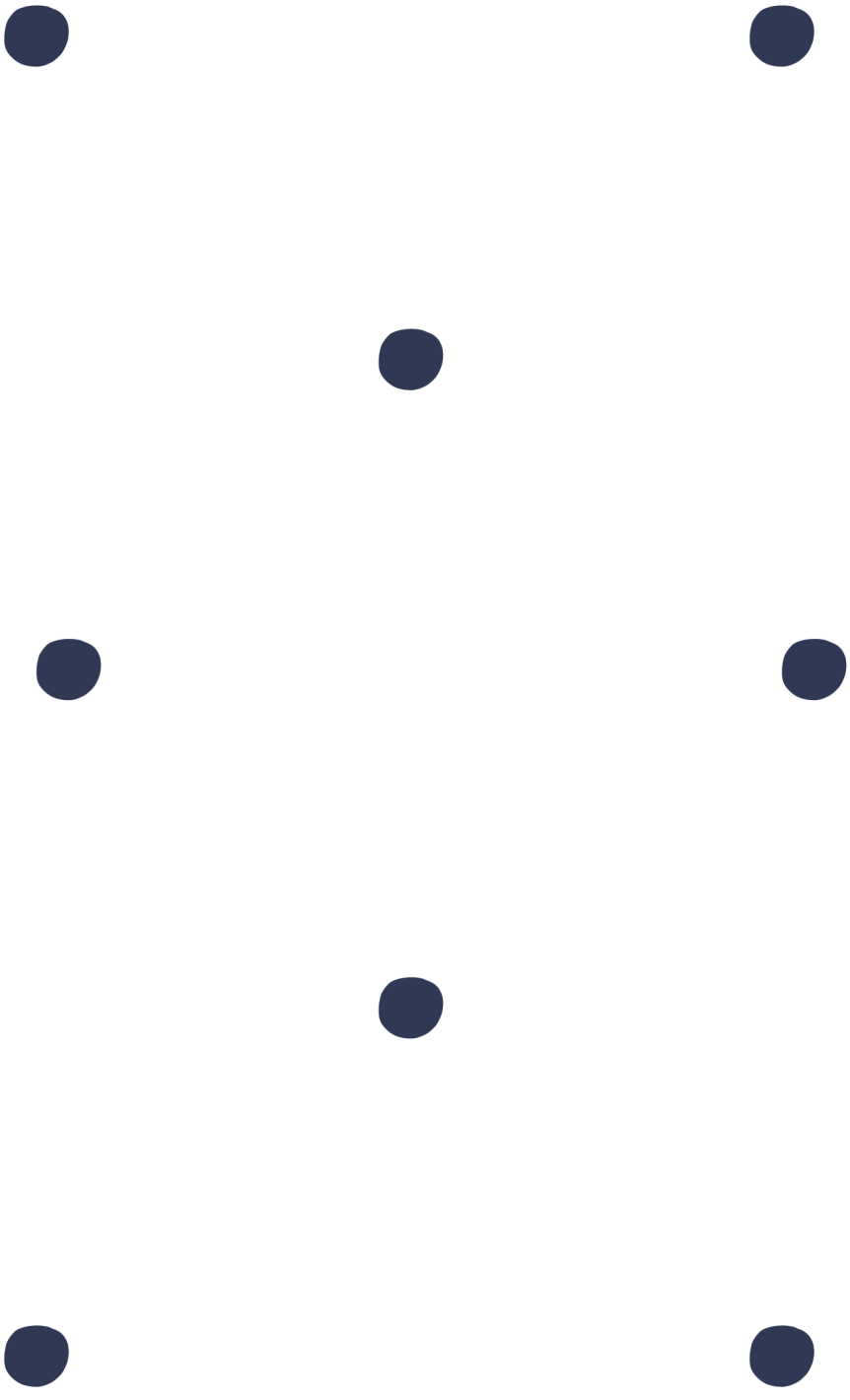


Just place or paste your seeds on the dots.

Cover with soil and gently water and watch them grow!!

The paper will biodegrade into the soil quickly without much fuss.

(Looks like some of the neighboring plants from the next square over are trying to move into a new square.. ugh)



Chapter Eleven
Companion Planting

The most successful way of growing a thriving garden is by companion planting. Like us, plants have friends and foes. We like to sit by other people more than others at school or workplaces just as plants like to be planted next to their friends too. After all, they will be sitting next to each other all season long!!

Remember in school how fun it was to have your desk assigned next to all your friends for the whole year? It is basically the same concept. So gather your plant's friend list and assign them to grow alongside each other all season long and watch how your garden happily thrives.

Plants that like each other, attract beneficial insects and pollinators to each other as well as repel pesky enemies to keep each other safe, happy, and healthy. Remember your tight-knit friend group in school when you all looked out for each other? Keeping your enemies out and your friends in is exactly the same thing that plants like to do too.

When you keep their foes away from them, you will be preventing your garden from acquiring diseases and pests and find that you do not need extra help with chemicals just to be successful. If you skip companion planting in your garden., you are more likely to resort to using chemicals in your garden.

However, you can avoid the use of chemicals if you learn companion planting and plant your plants on the grounds of friends they love. Your garden will naturally thrive and you will have less work on your end to keep them healthy and you will be a successful gardener with a happy successful garden.

The next few pages reveal a helpful chart to show you who's friends with whom and who hates whom.

Plants are actually pretty friendly and you will notice that their friend list is actually longer than their foe's list. You will learn that garlic is friends with everybody and hates nobody!!

Companion Planting Chart

Crop	Friend	Foe
Beans	Carrots, Cabbage, Cauliflower, Cucumber, Marigolds, Corn	Chives, Leeks, Garlic
Beets	Bush Beans, Broccoli, Corn, Garlic, Onion, Leeks, Lettuce, Cauliflower	Pole Beans
Broccoli	Celery, Dill, Rosemary	Oregano, Strawberries, Tomatoes
Cabbage	Beets, Potatoes, Onion, Celery	Strawberries, Tomatoes, Eggplant
Carrot	Beans, Lettuce, Peas, Tomatoes, Onions, Chives	Dill, Parsnips
Cauliflower	Beans, Celery, Oregano	Peas, Tomatoes, Potatoes
Celery	Cabbage, Spinach, Tomatoes, Onion	Parsnip, Potatoes
Corn	Beans, Cucumber, Peas, Pumpkin, Squash, Potatoes, Sunflowers	Tomatoes

Companion Planting Chart

Crop	Friend	Foe
Cucumber	Peas, Lettuce, Celery	Cauliflower, Potatoes, Basil
Eggplant	Spinach, Peppers, Potatoes, Beans	Fennel
Garlic	Cucumber, Lettuce	Nobody!!
Leek	Carrot, Celery	Legumes
Lettuce	Carrots, Radishes, Strawberries, Beets	Beans, Parsley
Onion	Broccoli, Cabbage, Lettuce, Tomatoes	Beans, Peas
Peas	Beans, Carrots, Corn, Cucumber	Onion, Garlic
Pepper	Tomatoes, Parsley, Basil, Carrots	Fennel

Companion Planting Chart

Crop	Friend	Foe
Potato	Corn, Cabbage, Peas, Eggplant	Pumpkin, Sunflowers, Cucumber
Pumpkin	Corn, Squash	Potatoes
Radish	Carrots, Peas, Spinach, Beans, Beets	Cabbage, Cauliflower, Brussel Sprouts
Spinach	Eggplant, Leeks, Lettuce, Peas, Radish, Strawberries	Parsnips, Potatoes
Swiss Chard	Beans, Celery, Cauliflower	Parsnips
Strawberry	Beans, Garlic, Lettuce, Peas, Spinach, Thyme	Fennel
Tomato	Basil, Carrot, Celery, Chives, Lettuce, Marigolds, Onion, Peppers, Parsley	Corn, Dill, Fennel, Potatoes

Seed Packet Printable

Harvesting your own seeds is a rewarding way to continuously enjoy your garden season after season.

With these printable seed packets, you can label and store your own harvested seeds for next year.

Print, cut, and paste them together with the following instructions and store them in your pantry or a paper protector sheet for binders to keep them right in your square foot garden planner.

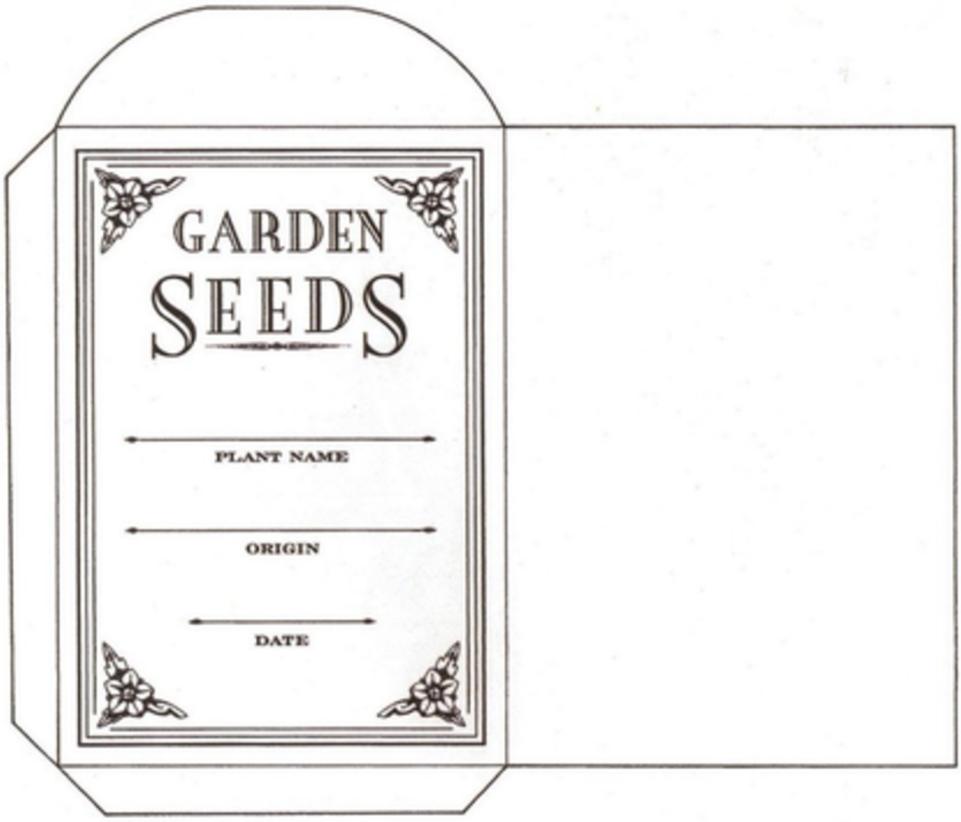
Instructions

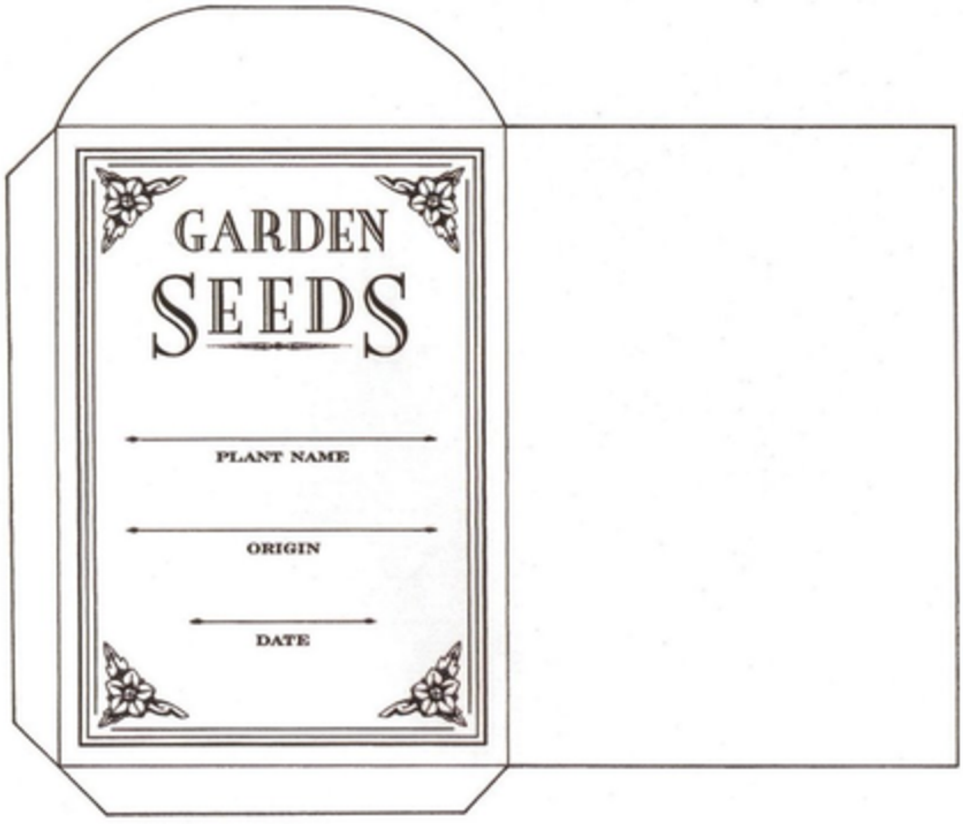
1. Cut out the packet along the dotted edge.

2. Fold and crease the paper on the solid grey lines (folding toward the blank side of the paper).

3. Place glue on the "glue here" tabs.

4. Press the back flap of the packet onto the "glue here" tabs.


GARDEN
SEEDS
PLANT NAME
ORIGIN
DATE


GARDEN
SEEDS
PLANT NAME
ORIGIN
DATE

Chapter Thirteen
Printable Plant Markers

It is a good idea to stake plant markers in your square foot garden. Not only does it look great, but it helps you know what you have planted in your square space.

If you have children, you can help them identify plants with these plant markers in your garden. It is also useful when other people are harvesting from your garden and this helps them to know what they are harvesting.

Having plant markers in your garden is a beautiful and proud way to showcase your garden and gardening skills to others. If your garden is in view of passersby, they will be delighted and in awe at the beauty of your well-organized planned square foot garden.

I have designed eight pages with six plant markers per page for a total of forty-eight plant markers for you to print and assemble to use in your garden squares.

Here is how to use them:

Print them out. Neatly cut around the bordered edges of the plant markers.

Place them in rows onto laminating sheets (clear gluesticks help keep them in place. Trust me, I learned this trick as a teacher).

Laminate your markers to keep them waterproof for the season.

Glue them onto wooden stakes. I find that paint stir sticks make really great plant marker stakes.

Place them in your square foot garden where you have planted the seeds that match the plant marker stakes.

For longer-lasting results, mod podge these cut-outs to the wooden craft squares from the craft stores for weather-resistant effects.

Tomato

Pepper

Sweet Potato

Eggplant

Squash

Cauliflower

Melon

Brussels

Pumpkin

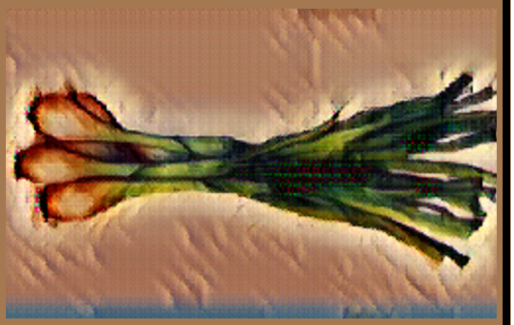
Rosemary

Bok Choy

Sage

Oregano

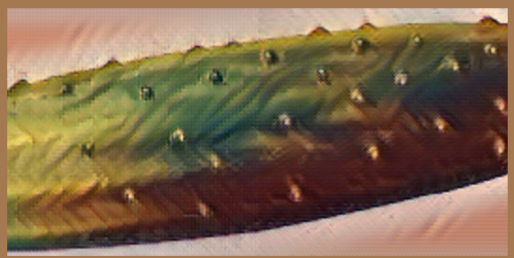
Chives



Cabbage

Okra

Cucumber



Potato

Celery

Kale

Basil

Parsley

Thyme

Calendula

Broccoli

Zucchini

Radicchio

Lettuce

Garlic

Corn

Romaine

Marigolds

Strawberry

Collard Greens

Onion

Spinach

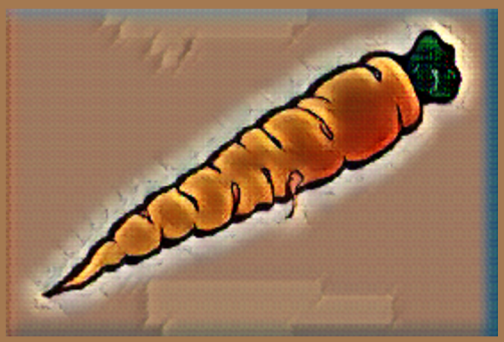
Beets

Radishes

Bush Beans

Collard Greens

Parsnips



Dill

Turnip

Leek

Peas

Carrot

Cilantro

Shallot